# AGE Education Programme

## Beach Safety Test Paper

Put a circle around the best answer to the following questions.

**Before you go to the beach and swim in the waves you should:**

Learn how to swim

Buy bathers

Check the weather forecast

Pack a large lunch

**Before you get into the sun at a surf beach you should:**

Put oil on your skin to make it browner

Put on a little sunscreen

Apply a strong sunscreen and reapply every few hours

Only apply sunscreen if the sun feels hot

**When you swim at a surf beach you should:**

Jump in wherever it is less crowded

Swim between the flags and lifesavers

Swim near the best waves

Follow the surfers out to the breaks

**If you get into trouble while you are swimming you should:**

Call and wave for help

Swim in to the shore

Dive under the water

Hold your breath